

Utah State Hospital Newsletter

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Winter 2012

Groundbreaking for the Mark I Payne Building

The groundbreaking for the new Mark I Payne Building was held on October 23rd on the Hyde Lawn. Layton Construction was awarded the bid for the building. USH was happy to have Representative Rebecca Lockhart, Palmer Depaulis (Director of Human Services), Gregg Buxton (Director of the Division of Facilities and Construction Management), Lana Stohl (Director of the Division of Substance Abuse and Mental Health), and Ginger Phillips (consumer advocate and peer counselor) speak at the ceremony. Connie Payne Williams, Mark's widow, shared contributions that Mark made to the hospital. The museum was open for tours and refreshments were provided by our excellent food services staff. The Beesley building has been demolished and it is expected that the new building will be completed in early 2014. We look forward to the open house when the project is completed.

~Amy Smith, Executive Secretary



Mark I Payne Groundbreaking - Picture courtesy of Lola Davis-Werner



Mark I Payne

USH Teacher wins “The Excellence in Education Award”

Each year the Utah Education Association awards ten teachers in the state of Utah with "The Excellence in Education Award". This year Wm. Schipper Clawson, an elementary teacher at Oak Springs School, was nominated by his principal. Oak Springs School is located on the campus of the Utah State Hospital. On Thursday, October 18, Schipper was given this award. Here is an excerpt from Schipper's nomination:



Wm. Schipper Clawson

"Schipper is very knowledgeable in the use of technology in the classroom. Students that normally would refuse to do work are often caught up in using the computer. This use of technology helps to build academic skills and self confidence. Schipper is skillful in teaching, modeling and acknowledging appropriate social skills to and for his students. Actions that would be considered bullying and negative interactions by students are replaced with positive and supportive interactions for self and classmates resulting in a very positive atmosphere in the classroom. Schipper does this with creativity, love and extreme patience for each of his students."

We are all very proud and happy for Schipper and the job he does.

~Dennis Meyers, Principal Oak Springs School

USH Has Got Talent

On October 30th, USH held a talent show. Tim Morganson was the emcee and had everyone abuzz with his cowboy poem on incarnation. Patients and employees were also entertained by:



Spencer Lloyd, who played Fantaisie-Impromptu by Chopin on the piano, Michael Barclay who played his guitar and sang "Dead Flowers" by the Rolling Stones as well as his original, "Chicken Pot Pie", Josie Angerhofer sang "Think of Me" from Phantom of the Opera and was accompanied on the piano by Gaye Bluemel, Becky Wright played "The Music of the Night" from Phantom of the Opera on the piano, Ginger Belone and Pepper Byrge sang "Love Can Build A Bridge" and Joni Lance performed a hula dance called "Ka Wahine O Ka Lua" which was a tribute of affection to the Hawaiian goddess Pele. Prizes were provided by the Employee Activity Committee. Spencer Lloyd and Josie Angerhofer with Gaye Bluemel tied for first place. Ginger Belone with Pepper Byrge and Becky Wright tied for second place and Michael Barclay and Joni Lance tied for third place. Light refreshments were provided by the fabulous food services. We look forward to continuing the talent show in years to come.

~Amy Smith, Executive Secretary



Employee Carnival



The Employee Carnival was held on October 29th in the Gym. Refreshments were provided by the Employee Activity Committee and with the generous support of many volunteers, the kids were able to play tic-tac-toe, ring toss, bowling and many other games to win candy and prizes. This was a great opportunity for employees and their families to mingle and get to know one another and we hope that the tradition will continue for years to come.



*Pictures courtesy of
Lola Davis-Werner*



If I am Every Mentally Ill Again-Perhaps the Hospital Will Be Different

In May of 1946, the magazine "Modern Hospital" printed an article written by Lulu Wendel titled *"If I Am Ever Mentally Ill Again-Perhaps the Hospitals Will Be Different: A recovered patient cites improvements that would make the lot of mentally ill patients more bearable"*. In her article she described the changes she would make to a hospital to help patients feel less like a criminal and ways to add more personal care. In that same year, a patient at the Utah State Hospital took note of the article and developed a presentation of the same title that related specifically to the hospital.



Many of the changes to patient care advocated at the time have been met. Those changes included the ability for patients to wear their own clothing, have their own personal belongings, bath more than once a week, obtain work assignments that were meaningful and have less crowded dorm rooms. Here are a few of the proposals made by that unknown patient over 66 years ago.

"I should hope to find the doctors and the attendant always friendly. I should like to be treated respectfully and cordially by them".

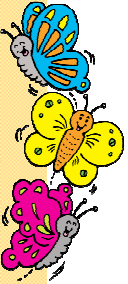
"Talking with psychiatrists and others, I should like to be informed about the terms relating to my mental illness. It would eliminate a great deal of fear and mysteriousness which most of us still attach to mental illness".

"Then when I am well enough, I should like to be knowing the different classifications and their particular symptoms. This would help me to understand my illness just as we like to have a physician tell us what it means when we have bronchitis, pleurisy, or pneumonia."

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"I should like to have a healing atmosphere similar to that of a general hospital. I should like cheerfulness in the rooms and day rooms, with color, flowers, pictures and other objects pleasant to look at. I know that some patients may destroy some of these things in their desperation. But many simple colorful objects can be added which brighten the rooms. I can almost believe that patients would not get so stirred-up if the hospital looked cheerful and hopeful".

"I should like to be treated as a human being and given credit, even in my confusion, for being able to hear what is going on about me and to think about what is being said and done. I should like to gain confidence through clear thinking of those around me and not be frightened and confused more because others are bewildered too. Even when I was most frightened, proposals made slowly and distinctly, one or two at a time, could be grasped. Unfortunately, people talked to me rapidly and ordered me about, often pushing me, which I resented. Therefore, they called me "uncooperative" and "resistive".



"I should have confidence in the people whom I see every day and who are an example for me of "normal" people. The attendants and nurses – they are the ones who are most likely to be around whenever I need reassurance and my mind put at ease. Those around me would have a great deal to do with convincing me that the treatment is beneficial."

"I should hope not to be restrained at all unless it were absolutely necessary. When I was ill, restraint, or at least the way it was imposed increased my fears and insecurity greatly. Although restraints might outwardly calm me, I am certain they would again bring on further depression as they rob a patient of the little freedom he has. They did fill me with despair, resentment, and revenge rather than with hope and confidence. I learned to keep still to avoid further trouble but my silence did not mean I was getting better".



"I am sure that gradually I would gain interest in some diversions. Perhaps at the very first I should like a few days of absolute rest, but I should not want to be sitting, waiting and thinking for weeks. At first I might just want to listen to music or read slowly and quietly. Later on I would want and need to participate in the hospital activities, in some of the ward work, games, physical exercise and musical entertainment".

"I should like to have contact with the outside world through letters, notes and visits. If they mean little at first, they will mean more as time goes on. The mere fact that letters are received or that people come would help. I should like visitors to tell me news even if I made no response."



These are just a few of the many proposals made to help improve the hospital and make a patients' stay more therapeutic. It is surprising how far the hospital has come in accomplishing many of the items listed in the article. We must continue to improve in our care and treatment of our patients and never lose sight of where we have been and where we are headed.

~Janina Chilton, Historian

Vicki Cottrell Community Hero Award Given to Rick & Susan Hendy

Rick and Susan Hendy were awarded with the Vicki Cottrell Community Hero Award at the 2012 NAMI Utah State Conference. Rick and Susan have been long-time supporters of individuals and families living with mental illness. Susan helped organize the Utah State Hospital NAMI Walk team since the 2nd annual NAMI Walk. Because of Susan, the State Hospital now holds a Walk on the hospital grounds for those who can't make it to Salt Lake for the community event; she also helps organize this event with other hospital administration and her co-workers. Susan helps patients create the squares of a quilt that is donated to NAMI Utah for the Walk every year. Rick has been involved with NAMI since before it was known as NAMI. At the Division of Substance Abuse and Mental Health, Rick has been a champion of mental illness and of NAMI. We are grateful for their work in the community and for NAMI and we are pleased to award them with the Vicki Cottrell Community Hero Award.

~Mary Burchett, Outreach Specialist



Photo courtesy of Kristi Flower, NAMI



Photo courtesy of Patient Council

HIKE TO THE "Y"



On Thursday, November 1st, USH employees were invited to participate in a race to the "Y". The race began on the lawn north of the swimming pool and ended at the bottom of the "Y". When the boiler plant siren sounded at 8:00, participants started the trek up the 2.5 miles to the "Y". This hike includes a 1484 foot vertical climb. There were five ladies who participate, Andrea Dinsdale, Merrilee Manwaring, Shelly Simpson, Ann Cazier and Rachel McLean. All hikers did great. Merrilee Manwaring was the winner, even after starting several minutes late and taking a wrong turn at the top she did it in 49 minutes and 18 seconds. We want to thank Scott Blackburn for organizing the race as well as the activity committee for providing the prize to Merrilee. Also, thank you to those who participated and we want to encourage all employees to prepare for and participate in next years' race.

~Amy Smith, Executive Secretary

USH Bicycle Club

The Utah State hospital Bike Club was established in the spring of 2012. This is the only known bike club of a state psychiatric hospital. Initially the club rode around the grounds of the Utah State Hospital in the afternoon. However, construction made that dangerous. Later it was too hot to bike in the afternoons. The Bike Club has had three official rides this year. The first was the Provo Canyon Trail. The second was the Park City loop trail and the final official ride was the Park City Rail Trail from Park City to the Echo Reservoir. Much of the year has been scouting out trails for rides next year. The Jordan River Parkway now goes from the Legacy Parkway to Utah Lake. Moab, Jackson Hole and Zion have been evaluated. The rides are for all bikers from beginners to hard core. These rides will be scheduled for next year. USH Bike Club T-shirts are available at the Heninger Building swimming pool office for less than \$10.

~Peter Heinbecker



USH Bicycle Club 2012 Amy Smith

THANKS TO RON HATHCOCK



Most Tuesday afternoons, Ron Hathcock can be found on the Treatment Mall teaching his patient group, Spirituality and the Media. Ron's philosophy about his class is "A smart man learns from his own mistakes. A wise man learns from others." By watching the choices made by the characters in selected stories which are followed by a group discussion, patients learn how their own choices can influence their treatment and progress as well as spiritual growth. Well written stories can inspire as well as motivate to make appropriate choices that will result in a positive outcome.

Ron first came to USH in February 2009. At that time, he was one of a group of twelve enrollees in the newly formed Clinical Pastoral Education Program facilitated by Chaplain J. Michael L. Benedict, CPE. The program was designed to increase awareness of the clinical aspects of spirituality and how such awareness can lead to positive outcomes.

Ron has experience with adversity and trials in addition to dealing with major health issues, he and his wife have had to deal with handicapped children, three of their four girls have forms of autism. He has learned to appreciate small gains in their abilities, to see past the handicaps and to treasure them as unique individuals. When his youngest girl earned her black belt in karate last month, he was the proudest dad in the building.

Ron is also heavily involved with music. He leads a church choir, sings along with patients at interfaith service, plays with the Nebo Philharmonic Orchestra and plays in the Utah Freedom Band during the Fourth of July parade.

Chaplain Mike concludes, "Ron and the other CPE students provide a valuable resource to our patients by reminding them that they are cared about as well as cared for."

~Chaplain J. Michael L. Benedict, CPE

Employee Workshop

Another employee workshop comes to a close and many great opportunities were provided to all employees to educate and better themselves. Activities for this year's workshop included a craft fair, a talent show, massage therapist, yoga class and employee carnival as well as presentations on bringing the magic back to the workplace, relationships, substance abuse, retirement, health, self-esteem and travel. We hope that everyone enjoyed themselves! We are asking employees to contact Amy Smith (amysmith@utah.gov or ext 44202) with any feedback on this year's activities as well as any ideas for next year's workshop.

~Amy Smith, Executive Secretary

USH NEWSLETTER

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